

GOOD HEALTH KIDS

A Healthcare Journal
from Sansum Clinic

Spring 2014

Issue 1



**CHILDREN &
BACKPACKS**

**CAMP
WHEEZ**

**HELPING
OUR KIDS
BATTLE THE
BULGE**

**THE FAMILY
KITCHEN**



**fun activities
INSIDE**

sansumclinic.org/kids-health



dear parents & caretakers



As a parent myself, I know that there is nothing more important to you than the health of your children.

I also know that for busy parents it's not always easy to stay up-to-date on important healthcare information.

So we are pleased to share this premier issue of GoodHealth KIDS to help you stay informed and involved in your child's health.

This magazine offers you information about health trends, lifestyle choices and nutrition tips, and we have also included pages of fun and educational health related activities for your children. I am happy to share an article written by my wife Nancy, who is a food writer, on the many great family-friendly restaurants that we have discovered while raising our two kids here in Santa Barbara.

Many of our healthcare providers are parents, too. We asked them to contribute stories and information they thought would be of most benefit to you.

Sansum Clinic's approach to healthcare for young people is comprehensive, compassionate and centered on each child's care. Our pediatricians, nurse practitioners, nurses and other clinicians work as a team to ensure we are looking at all aspects of your child's health. We want you to consider us to be your partner in the growth and development of your children into the healthiest and happiest people they can be.

Should your child require specialty care, a number of specialists at Sansum Clinic provide eye care, ear nose and throat care, and asthma and allergy care, among other health services. These physicians and other healthcare providers are specially trained in working with babies, children and adolescents. And please remember that our Urgent Care Centers are here when you need us most, but hadn't planned on it!

We hope you enjoy our first issue of GoodHealth KIDS. Here's to your health, and to the good health of all of those whom you love most.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

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to schedule an appointment

GOODHEALTH™ KIDS

A FREE PUBLICATION FROM
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ISSUE 1 • SPRING 2014

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
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Kurt N. Ransohoff, MD
*Chief Executive Officer and
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Vince Jensen
President and Chief Operating Officer

Sansum Clinic
Corporate Office
470 South Patterson Avenue
Santa Barbara, CA 93111
(805) 681-7700
www.SansumClinic.org

Editor
Jill Fonte, Director of Marketing

Associate Editor
Christopher Williams, Marketing Manager

Contributing Writers
Jill Fonte, Kim Hurley, Lisa Weinbrenner,
Margaret Weiss and Christopher Williams

Contributing Photographers
Stephanie Baker Photography
and Christopher Williams

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eat like a healthy kid

NANCY RANSOHOFF

Eating out and sticking to a healthy diet can be a challenge, especially with kids and their sometimes picky palates.

But we're lucky to have a buffet of delicious options from family-friendly beachside cafes to easy-breezy pizza joints, where kids and their grown-ups can eat happily and healthfully. Here are a few time-tested and kid-approved spots in the Santa Barbara area:

Padaro Beach Grill (3765 Santa Claus Lane, Carpinteria, (805) 566-9800, www.padarobeachgrill.com) offers ocean breezes, spectacular views and a casual, fun vibe. Sit at a picnic table overlooking the beach and dig into fish tacos, fresh salads, lean ground turkey or veggie burgers or grilled chicken sandwiches. Kids love playing in the giant sand pit and running around on the lawn. Other flip-flop-friendly beach spots include **East Beach Grill** (1118 E. Cabrillo Blvd., (805) 965-8805), where families sit on the patio in swimsuits just steps from the sand. Pass up the burgers and fries and nosh on blueberry wheat germ pancakes for breakfast, fresh salads for lunch, and sip a smoothie. A swingset and kids' playground are a few feet away. **Shoreline Beach Café** (801 Shoreline Dr., (805) 568-0064) is another spot where kids can play in the sand just a beachball's toss away, then dine on a garden burger or turkey dog and wash it down with a strawberry or mango smoothie. At **Pizza Mizza** (140 S. Hope Ave., Suite 102-A, (805) 564-3900) in La Cumbre Plaza, choose from a variety of veggie-topped pizzas and fresh salads from Mandarin Chicken to Loaded Spinach. Don't miss the thin-crust piccolo pizzas (add some veggies) at

longtime favorite **Petrini's** (Santa Barbara and Goleta locations). From the para los ninos menu at **Los Arroyos** (Santa Barbara, Montecito and Camarillo locations), kids might opt for chicken soft tacos with milk or juice. Kids of all ages love Solvang's **Chomp** (1693 Mission Dr., (805) 688-7733) and its updated diner vibe—try the fish tacos or turkey burger with apple slices. Other family-friendly local standbys include **The Natural Café** (nine locations), featuring fresh, healthy dishes from salads and homemade soups to sandwiches, whole-wheat flatbread pizzas, and vegetarian specialties like the Buddha burrito with sautéed veggies, pinto beans and rice. And now it's easier than ever to make healthy choices at chain restaurants from Chipotle to McDonald's, thanks to a federal law (part of the Affordable Care Act) requiring restaurant chains with 20 or more outlets to post calorie counts. So eat up and eat healthy! 🍷



Nancy Roberts Ransohoff is a Rhode Island native who has lived in Santa Barbara for 22 years and raised two daughters here. A former editor for Bon Appetit and Architectural Digest magazines and the Bon Appetit books, Nancy covers restaurants for Westways and writes for local publications including Seasons and Montecito Magazine. On weekends, you'll find her at the farmer's market or hiking Tunnel Trail.

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children & backpacks

BY ALYSON LAMOTHE SORENSON, PT

JanSport®, The North Face®, Kipling®. These are just a few brands of backpacks kids and parents choose from before school begins every year. Surprisingly, this decision is becoming more and more important as the prevalence of children with back pain is growing.

As a physical therapist, I see many people each day complaining of low back pain. Unfortunately some of these clients are children from 7-15 years of age. There are many factors that can contribute to back pain. Posture and inactivity play an important role, and if your child's backpack is too heavy, this can contribute to their already poor body awareness. Researchers from APTA (American Physical Therapy Association) say your child's backpack should not be more than 10-15% of their body weight. They also have guidelines on proper usage and wearing of backpacks:

Wear both straps. Using only one strap, even with backpacks that have one strap that runs across the body, causes one shoulder to bear the weight of the bag. By wearing both shoulder straps, the weight of the pack is better distributed, and a symmetrical posture is promoted. A backpack that has padded, contoured shoulder straps will also help reduce pressure on the chest and shoulders.

Make sure the backpack fits. It is important to pay close attention to the way a backpack is positioned on the back, and the size of the backpack should match the size of the child. Shoulder straps should fit comfortably on the shoulder and under the arms, so that the arms can move freely. The bottom of the pack should rest in the contour of the lower back. This is where the heavier books should be placed, closer to the child's back. The pack should "sit" evenly in the middle of the back, not "sag down" toward the buttocks.

Another commonly asked question is if a child should use a rolling backpack. This is a possibility if your child does not go to a school with a second or third story. We can't expect them to carry a load up the stairs by hand. Another alternative is to get an extra set of books: one to keep at home, and one for school.

Physical therapy can help a child who is experiencing back pain, but we never want it to get that far. We want to prevent this back pain from becoming so bad that he or she requires a visit to physical therapy. That is why keeping active is so important. We need to watch how much time our children spend watching TV or playing video games. Take home message — Keep your children safe, healthy and pain free! 🌀

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night



Alyson Lamothe Sorensen is a Licensed Physical Therapist and a member of the American Physical Therapy Association. She attended University of Vermont and trained at the Lahey Clinic Medical Center in Burlington, Vermont. Alyson specializes in spine wellness with an emphasis on low back and neck and postural wellness. She has been with Sansum Clinic since 2004 and sees patients at our Physical Therapy Center at 41 Hitchcock Way.

the perfect snack for your pack

In an online survey of 1,000 teens on kidshealth.org, teens stated that an apple was their favorite snack. You can top it with 1 tablespoon of peanut butter to make it more filling. Here are more healthy snacks that fit in a backpack:

- Your choice of trail mix: 1 cup unsweetened cereal, 1/4 cup peanuts or sunflower seeds and 1/4 cup raisins or dried cranberries
- Air-popped popcorn with a sprinkle of parmesan cheese
- Tri-color veggies: baby carrots, snap peas and cherry tomatoes with 2 tablespoons of low-fat ranch dressing
- 6 whole grain crackers and one slice of low-fat cheese
- Spread 1/4 cup black beans and a little salsa on a small tortilla and roll it up
- Stuff 1/2 pita with 1 tablespoon of hummus
- 1 small fruit and 1 low-fat string cheese

Keep a healthy snack handy and it will be the easy choice. Enjoy!





helping our kids battle the bulge

DAN BRENNAN, MD

By now you have heard that one in every four children in the United States is overweight. Unfortunately, overweight children are more likely to become overweight adults and develop adult problems such as high blood pressure, heart disease and diabetes.

Despite our “healthy” Southern California lifestyles, we must actively work together to reverse this trend.

Prevention starts from day one

Prevention of childhood obesity starts in the early years by avoiding food as a reward, minimizing television, modeling good eating habits and spending time outside.

Our kids should be active, learn to enjoy healthy foods and strive for a positive self-image from the beginning.

Is there a treatment that works?

Unfortunately, the outcomes of obesity treatment in children have been discouraging. Dieting alone, weight-loss pills and supplements do not work.

The good news is that most children do not need to lose weight.

How does this work?

Slowing the rate of weight gain will allow most children to “grow into” their weight.

Setting realistic, short-term goals, such as maintaining weight is more likely to be sustainable and effective in the long run.

Here are a few strategies to consider:

Make family changes

Instead of targeting one sibling, consider family-wide lifestyle modifications.

The whole family will benefit from healthier food choices and more exercise. Set aside family time to go for a walk, take a bike ride or go to the playground.

Set reasonable nutritional goals

It is more realistic to reduce junk food intake rather than eliminate it completely.

Nutritionists recommend that we increase our fruit and vegetable intake, drink more water and learn to read food labels. By cutting back on fast food, sodas and juices, we can reduce our caloric intake and our chances of developing diabetes and heart disease.

Don't forget to eat

Instead of skipping meals, encourage your kids to eat three healthy meals a day plus several protein snacks.

Take the time to pack a school lunch and be sure to cut up fresh fruits and veggies for afternoon snacks. If it's already washed, peeled and on the table, kids will be more likely to eat it.

Hide the remote

How often do you find yourself getting up during commercials to grab another snack?

Studies have shown that we consume more food when we eat in front of the television.

Encourage your kids to go outside and play instead of being glued to the television, tablet or gaming system. Most kids do not get enough exercise at school, so be sure to sign them up for after school activities.

Eat more meals together

By sitting down to enjoy a meal with the family, you will generally eat less food and have the benefit of enjoying quality time together.

Consider eating off of smaller plates and serving smaller portions of food. Leave the serving dishes on the counter and wait a few minutes before getting up to have seconds.

The recipe for success

With common sense and moderation we can defeat the epidemic of childhood obesity.

The recipe is simple

Start with small and sustainable changes. Consume less junk food, juice and soda, reduce the time spent in front of the television and be sure to get outside and enjoy our beautiful paradise! 🌞



.....

Dr. Dan Brennan is a board-certified pediatrician at 51 Hitchcock Way in Santa Barbara. Dr. Brennan earned his Bachelor of Science degree from UCLA and his medical degree from Albany Medical College. He completed his pediatric internship and residency at Cedars-Sinai Medical Center. Dr. Brennan is an accomplished healthcare columnist, public speaker, and contributing writer for the American Academy of Pediatrics' website www.HealthyChildren.org.

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curing ear infections

BY RABINDRA A. BRAGANZA, MD, FACS

Chronic or recurrent illness in a child can affect the entire family. Recurrent ear infections are common in young children especially if they attend daycare or preschool.

A child waking up in the middle of the night screaming in pain can impact everyone in the household. Parents will often endure a sleepless night consoling a child before seeking medical care.

Sometimes after just one ear infection fluid can persist behind the eardrum in the middle ear for months, even after treatment, and can affect the hearing and speech acquisition of the child. Fortunately most ear infections respond to antibiotics. However, antibiotics can have side effects such as stomach upset or diarrhea and frequent use of them inevitably leads to resistance to their effectiveness.

Therefore if a child has three or more middle ear infections in six months or fluid persists in the middle ear for more than three months and affects the hearing of the child,

a procedure called Pressure Equalization Tube placement is considered. In this procedure, a small incision usually a few millimeters in length is made in the eardrum using a microscope and a small tube is inserted, which helps prevent further infections and accumulation of fluid.

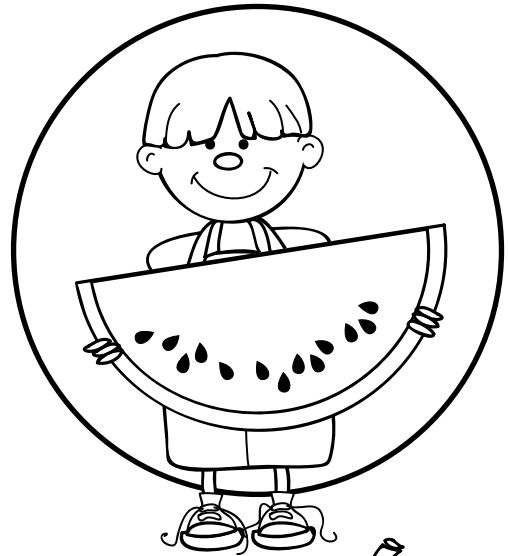
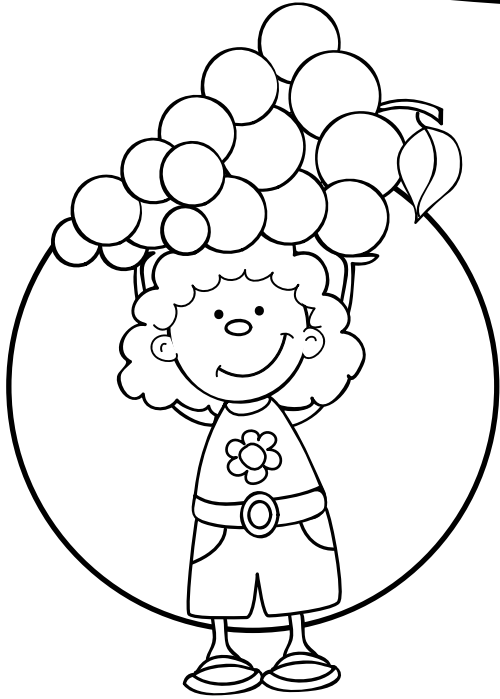
Ear tube surgeries are amongst the most commonly performed surgeries in the United States today. Parents have commented that they were surprised how quickly after ear tube placement the child's hearing and speech improved. Parents often say that everyone in the family can sleep better since the patient no longer has problems sleeping, the siblings aren't bothered and the parents are no longer worried about the patient. Thus, this and other procedures can have a tremendous benefit to the health of a child and have a significant positive impact on the family as well. 🌀



Dr. Braganza sees both adult and pediatric patients in our Ear-Nose-Throat (ENT) Department. Dr. Braganza is board certified in otolaryngology by the American Academy of Otolaryngology and received his medical degree from UCLA. He performed his residency in general surgery at UCSD and is a member of the American College of Surgeons and the California Santa Barbara Ear-Nose-Throat Society. Dr. Braganza has been recognized by Castle Connolly among the nation's Top Doctors in 2012 and 2013.

GOODHEALTH KIDS

coloring





handwashing

helpful tips

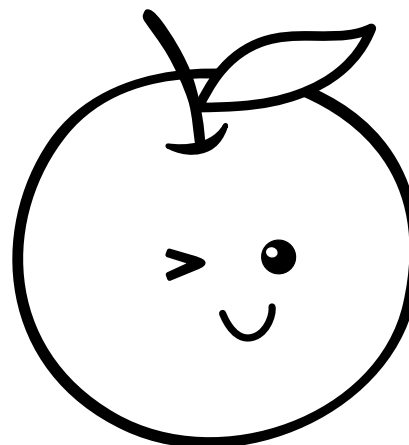
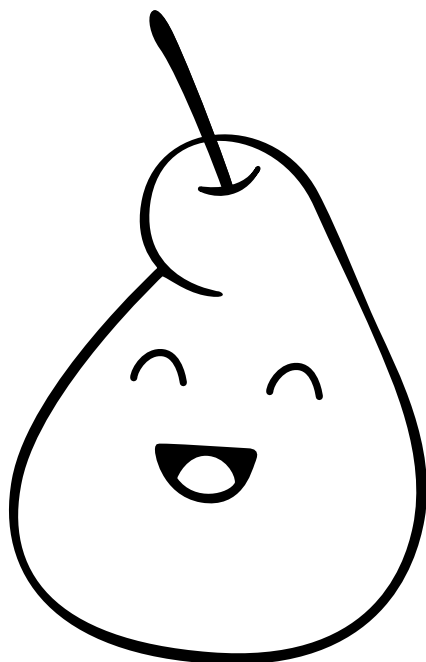
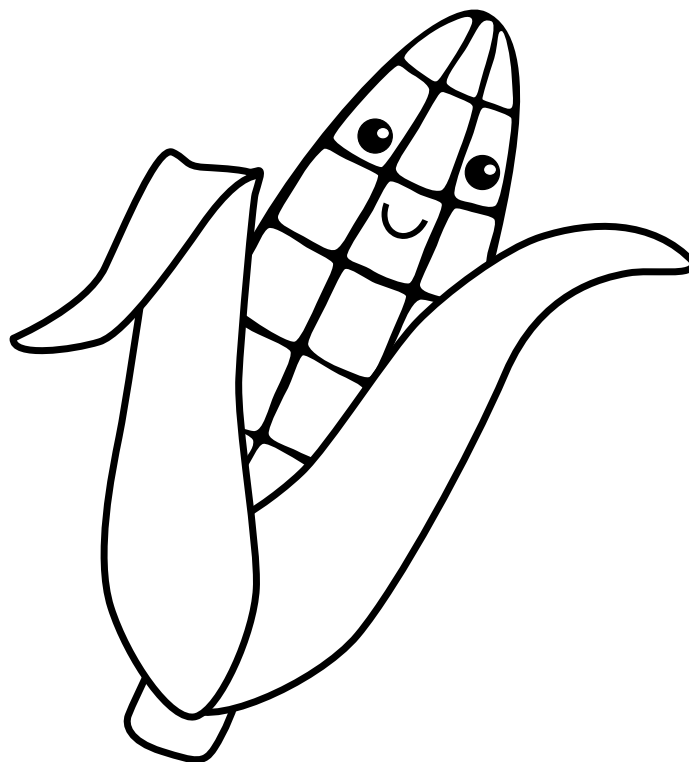
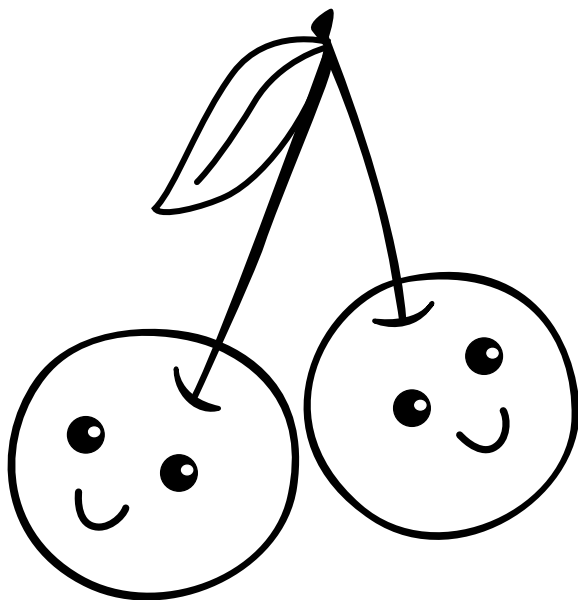
five simple steps:

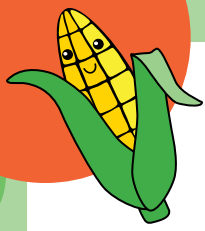
- 1) Get hands wet
- 2) Add soap
- 3) Rub hands together for 20 seconds (or sing Happy Birthday song from beginning to end twice)
- 4) Rinse
- 5) Dry with paper towel



my healthy food friends

coloring





grab some grains

word scramble

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same number to decode the hidden message.

1. PCNROPO

--	--	--	--	--	--	--	--

10

2. NRBOW ICER

--	--	--	--	--	--	--	--	--

13 12

3. LEISUM

--	--	--	--	--	--	--

14

4. EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

5. HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4 11 3 8

6. TEAMALO

--	--	--	--	--	--	--	--	--

6 7

7. LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

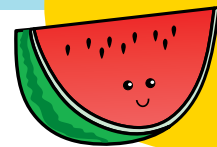
5 9 1

8.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10 11 12 13 14

ANSWERS: 1. Popcorn, 2. Brown Rice, 3. Muesli, 4. Buckwheat, 5. Whole Wheat Bread, 6. Oatmeal, 7. Whole Grain Barley, 8. Eat Whole Grains



fun with food

crossword

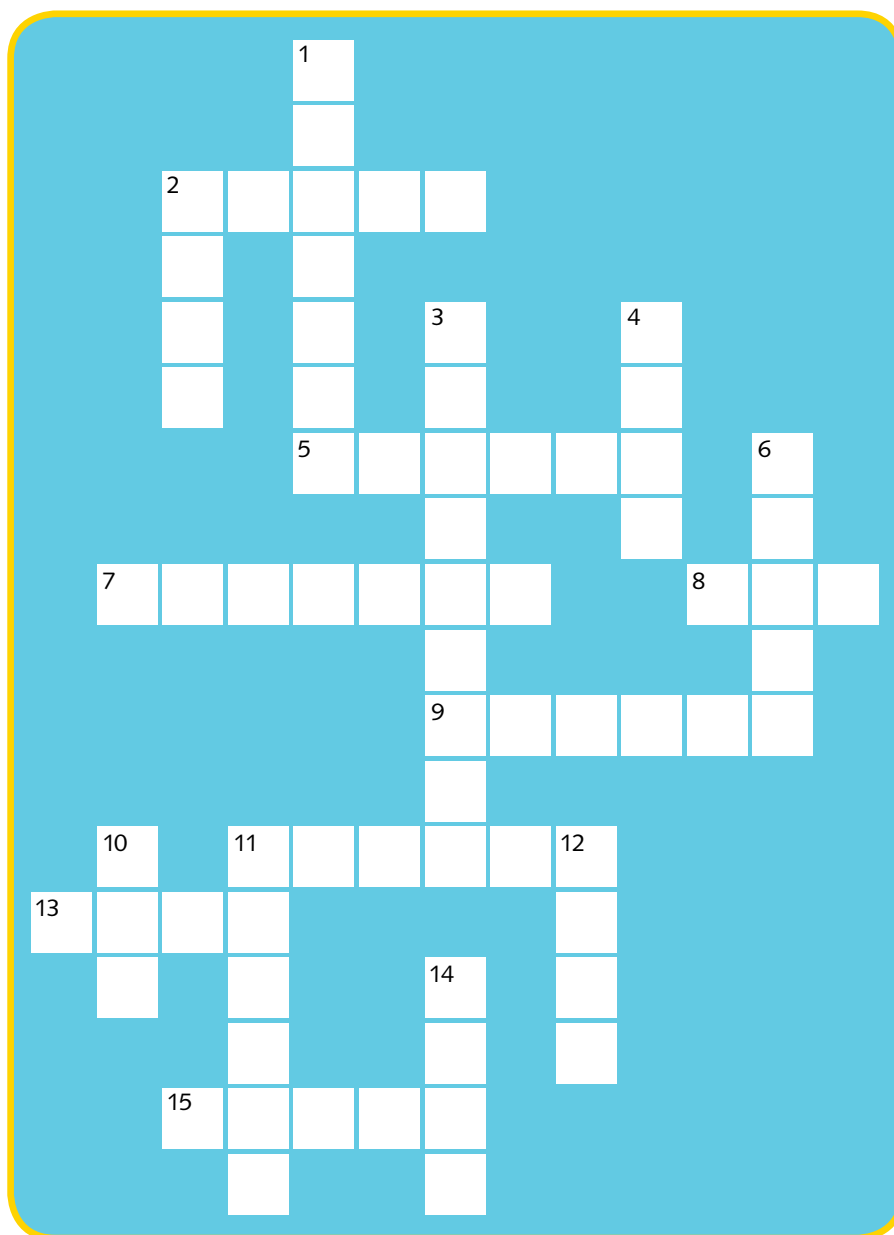
Fill in the blanks to solve the crossword puzzle!

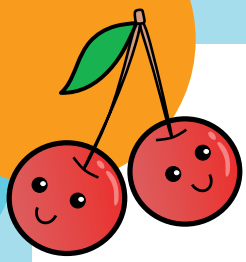
ACROSS

- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- A grain that goes great with stir-fry.
- Spaghetti is a type of _____.

DOWN

- Chicken and turkey are examples of _____.
- Salmon and trout are examples of _____.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack. Examples include almonds, cashews or pistachios.
- Pinto, kidney, black, refried - there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Lean _____ is an excellent source of protein, iron, and zinc. Examples include skinless chicken, turkey or lean ground beef.





activity word find

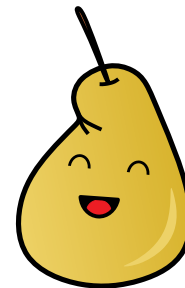
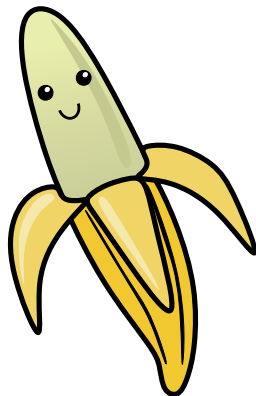
fun with fruits & vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

FIND:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



have fun outside & get exercise



fun things to do in the outdoors



Take a ride on your **scooter** or **bicycle** with your family and friends.

.....



Go to the beach and organize a **scavenger hunt** or **swim**.

.....

Go to the park and play **ball**, **frisbee** or climb on the **jungle gym**.

.....



Take a nature **hike** and **count** how many **birds** or **butterflies** you see.





going to the doctor

matchup

Your doctor or nurse may use a number of different things to help find out if you are healthy.
Draw a line to connect the items pictured on the left with their names on the right.

thermometer

This is used to check whether or not you have a fever.

rubber reflex hammer

The doctor may tap you gently on the knee
to check your reflexes.

otoscope

The doctor may use a bright light to look
into your eyes or your mouth or your ears.

crutches

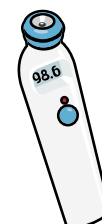
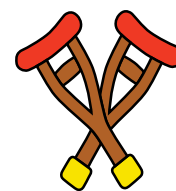
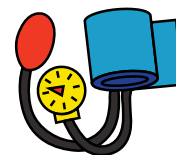
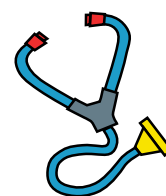
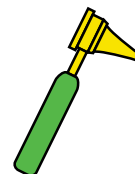
These are used to help you walk
when your legs or feet are hurt.

stethoscope

This lets the doctor listen to your heart beat
and other sounds inside your body.

blood pressure check

This tells the doctor or nurse how strong your heart is.



bedwetting q&a

ALEXANDRA ROGERS, MD



What is the medical terminology for bedwetting?

Bedwetting is also known as nocturnal enuresis or leakage of urine at night.

What causes bedwetting?

Although bedwetting may be related to a number of factors, it is usually due to nighttime production of urine that exceeds bladder capacity. Children are often unable to sense a full bladder and the mismatch between the amount of fluid and the amount of space in the bladder leads to bedwetting.

What percentage of patients have a problem with waking up from sleep?

About one-third of patients do not wake up when they “have to go” and it results in bedwetting.

What can be done to decrease nighttime fluid production?

Two things that may help reduce the likelihood of bedwetting are eliminating caffeine (a substance that can increase output) and restricting fluids at nighttime.

What is the most effective treatment for bedwetting?

Behavioral modification is often favored over medication. Conditioning therapy such as using a bell or buzzer alarm to wake the sleeping child at set times can provide excellent results, especially with very motivated parents and child.

How effective is a buzzer alarm alone?

A bedwetting alarm alone can cure two-thirds of bedwetting patients.

At what age is bedwetting considered a problem?

After age five or when a child has entered grade school, bedwetting should be actively evaluated and treated.

What does an evaluation entail?

A detailed patient history, physical examination and urinalysis with urine culture are performed. Occasionally, a non-invasive ultrasound examination might be included.

What percentage of children suffer from bedwetting at age 5?

Fifteen percent.

What percentage of children recover from bedwetting?

Ninety-nine percent of children recover by the age of fifteen.

Why do some children relapse with bedwetting?

If a child has been symptom free for at least six-months and bedwetting returns, fifty percent of the time it is related to psychological factors. Most often an anxiety disorder is involved.

Are children with ADHD more likely to suffer from bedwetting?

Fifteen percent of children with ADHD suffer from nocturnal enuresis. Both problems are believed to involve the same brain stem area abnormality. The ADHD needs to be treated along with the use of a buzzer alarm to achieve dryness. 🌀



Dr. Alexandra Rogers specializes in Urology, including pediatric patients. Dr. Rogers attended Wake Forest University Medical School and completed her urology residency at the Mayo Clinic in Jacksonville, Florida. Dr. Rogers has recently

completed a female urology fellowship at the Tower Urology Institute for Continence at Cedars Sinai in Los Angeles.

the family kitchen

EMILY LUXFORD, MS, RD



Let's cook up a plan to get your kids in the kitchen. Why? The kitchen is a one-stop shop for learning. Cooking allows your children to put their school skills to use: reading, arithmetic, science and creativity. The best part is that cooking is not limited to one age group. And, the product is something good to eat, hopefully!

Young children can practice manipulation of utensils such as stirring and measuring. Older children can practice reading and following directions. Teens can experiment with complex multiple step recipes which require time management, knife skills and safe food handling.

Giving children the responsibility of food preparation increases the likelihood they will eat the food. Being the chef means you know what is in the food and you have pride in your accomplishments. This combination makes children more inclined to try new foods. Use this tactic when integrating fruits and vegetables into your child's diet.

The cooking process, prepping, eating and cleaning, can also bring the family together. And at the same time, help your

family learn about the food you enjoy. What is the food's origin? How is the food cultivated? What nutrients are found in the food you eat?

As a parent, you will appreciate the financial and health benefits to preparing your own meals. Shopping for ingredients and taking time to make your own food is more affordable than purchasing ready-to-eat food from your local grocery or restaurant. Also, when you're the chef, you control the type and source of ingredients. This means you can modify the fat, sugar or sodium content.

Cooking together can start as a rainy day activity or weekend treat. As your children become more familiar with the cooking process, you can begin to include them as your sous-chefs on a regular basis. Pretty soon, you will be taking directions from your little chefs and enjoying the benefits of their culinary skills!

Cooking Challenge: Take your child to the farmers' market. Let your child pick a new fruit or vegetable and prepare a dish using the new food as the star ingredient. 🍷



Emily Luxford is a registered dietitian with a master's degree in nutritional science. She has experience as a credentialed elementary school teacher and currently serves on the faculty at California State University, Long Beach. Beyond the classroom,

she has developed and published research regarding dietary modification. Emily's focus is individualized medical nutrition therapy. Emily sees patients at 317 West Pueblo Street in Santa Barbara and at 1225 North H Street in Lompoc.

crispy veggie fritters

Ingredients

- 4 cups water
- 2 cups broccoli florets
- 1 cup carrots, grated
- ½ cup all purpose flour
- 1/3 cup parmesan cheese, grated
- ½ tsp salt
- 2 green onions, thinly sliced
- 1 large egg
- 2 tbsp olive oil
- 1 cup plain low fat yogurt
- 2 tsp fresh dill, chopped



Directions

1. Place 4 cups water, broccoli and carrots in a small saucepan. Bring to a boil. Cook 4 minutes and drain the vegetables. Pat broccoli mixture dry and finely chop. Place veggie mixture and flour in a large bowl; stir to coat. Add grated cheese, salt, onions and egg to broccoli mixture; stir to combine.
2. Heat a large nonstick skillet over medium-high heat. Add oil to pan. Spoon ¼ cup broccoli mixture into dry measuring cup. Pour mixture into pan and flatten slightly. Cook 4 minutes on each side or until golden brown.
3. Combine yogurt and dill in a small bowl.
4. Serve yogurt with veggie fritters. 🌀

sansum clinic mychart & your child



MyChart allows you to perform the following:

- Check upcoming appointments
- Message your physician with questions
- Request an appointment
- Look at labs in a graph or flow chart format
- Order medication refills
- Review After Visit Summaries
- Keep track of valuable medical information securely

MyChart offers a free Mobile App that is useful at anytime you have your phone handy.

Contact your Sansum Clinic Pediatrics or Family Medicine office or the Sansum Clinic Release of Information (ROI) office to sign up for Proxy Access to your child's record.

ROI: (805) 898-3188

Hitchcock Pediatrics: (805) 563-6140

Lompoc Pediatrics: (805) 737-8760

Family Medicine: See page 20 for phone numbers.

Please note that due to State of California Regulations proxy access is not allowed for children 12-17 years of age. 🌀

Do you ever wish you could check your child's Immunization Record or Health Record like you do your bank account? Well now you can!

Sansum Clinic now offers MyChart Proxy access for parents of children 11 years old and under. This is an excellent way to keep track of your child(ren)s Immunization History as well as their Well Child Visits. MyChart Proxy for children can save time and effort when gathering immunization data for sports teams and camps.



RAYS

Raising Awareness Yields Sun safety



RAYS is a ten-week sun safety program developed by the Cancer Center to heighten sun safety awareness and practices among children, their parents, and recreation staff. Since 2003, the RAYS Program is offered throughout south Santa Barbara County. Participating camps receive ten weeks' worth of fun-filled skin cancer prevention curriculum plus hats, sunscreen and shade canopies.

sun safety

In Santa Barbara, kids in summer camps are learning about skin cancer and ways to help prevent it. They are wearing hats, using sunscreen, and seeking shade while having fun on the beach and during other outdoor recreational activities. The Cancer Center's RAYS Program is helping to make this possible. Today, we know that unprotected exposure to the sun's rays can increase the risk of skin cancer. Sunburns occurring before the age of 20 are of particular concern. Unlike a tan that fades away, the harmful effects of sun damage are cumulative. Children receive the majority of their lifetime sun exposure by age 18.



sun safety tips:

- **Seek the shade, especially between 10 am and 4 pm.** Sun safety doesn't condemn you to life indoors. If you love the beach, go early or late in the day, when the sun's rays are less intense.
- **Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.** For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Re-apply sunscreen** approximately every two hours or after swimming or sweating heavily according to the directions on the bottle.
- **Cover up.** Wear attractive sun-protective clothing and a wide-brimmed hat, and carry a beach umbrella. Don't forget sunglasses to protect your eyes.
- **You are your children's role model.** Be sure to let them see you protecting yourself from the sun. If you have great skin, so will they. 🌞

camp wheez

what

Camp Wheez is a day camp for children with chronic asthma where they can enjoy a camp experience designed for their special needs. Campers learn how to manage their asthma while they participate in games and recreation, arts and crafts, skits and old-fashioned camp fun. Parents are invited to attend an asthma update and have their questions answered by the doctor, followed by a performance by the children. Camp Wheez is staffed by local medical providers and volunteers. It is free of charge and open to the community.

who

Children in grades 1 through 6

when

Monday-Friday, August 4-8, 2014
8:30 am - 12:30 pm



An extended day is offered at the Downtown Boys & Girls Club at 632 East Canon Perdido with transportation provided by EasyLift.

where

First Baptist Church
949 Veronica Springs Road, Santa Barbara, CA 93105

Camp Medical Director, Myron Liebhaber, MD

Camp Director and contact person, Margaret Weiss,
mweiss@SansumClinic.org or (805) 737-8754

For more information and applications visit
www.SansumClinic.org/Camp-Wheez

cancer center support groups for youths

Cancer Center of Santa Barbara with Sansum Clinic offers a vast array of classes and services for cancer patients, family members and caregivers, including these support groups for young people:

"I Count Too" Support Group for youth age 6-12 who have a family member diagnosed with cancer. This program utilizes play in order to ease fears and increase coping skills.

Teens Helping Teens a supportive arts program for youth ages 13-18 experiencing cancer. The group is aimed at reducing feelings of isolation and improving coping skills.

Both groups are led by Hollye Jacobs, RN, MS, MSW, Child Development Specialist, with 2014 dates to be announced.

For more information call (805) 681-5852.

websites for parents

The internet offers a wealth of information, but it can be a challenge to separate quality from quackery. Look for sites run by government and nonprofit organizations. They are usually the most objective and reliable. Check to see if the site has been updated recently as health information changes quickly.

Listed below are a few sites that we like at Sansum Clinic. Browse through them and be sure to share what you learn with your health care provider. He or she can help you tailor the information to your specific needs.

General Health:

Sansum Clinic GoodHealth KIDS
www.sansumclinic.org/kids-health

American Academy of Pediatrics
www.healthychildren.org

Centers for Disease Control
www.CDC.gov

Familydoctor.org
www.familydoctor.org/familydoctor

HealthFinder
www.healthfinder.gov

KidsHealth.org
www.kidshealth.org


MedlinePlus
www.nlm.nih.gov/medlineplus

Healthy Activity and Eating:

Choose My Plate
www.choosemyplate.gov

Let's Move!
www.letsmove.gov

Start Walking Now
www.startwalkingnow.org

For more personal assistance finding reliable health information visit our Health Resource Center at 215 Pesetas Lane. Call (805) 681-8976 or ask the librarian at www.sansumclinic.org/ask-a-librarian. 

healthcare for children & families

Pediatrics and Adolescent Medicine

Comprehensive healthcare services for young people, starting at birth and continuing through infancy, childhood, adolescence and young adulthood.

Hitchcock Pediatrics

51 Hitchcock Way, Santa Barbara, CA 93105

Phone: (805) 563-6211

Hours: Monday - Friday 8:00 am - 5:00 pm

Lompoc Pediatrics

1225 North H Street, Lompoc, CA 93105

Phone: (805) 737-8760

Hours: Monday - Thursday 8:00 am - 5:00 pm, Friday 8:00 am - 12 Noon

Family Medicine

Primary care for children from one day old through adulthood. Our dual-emphasis on treatment and prevention helps you to maintain good health through all stages of life. We offer Family Medicine at a number of locations.

Pesetas Multi-Specialty Clinic, Family Medicine

215 Pesetas Lane, Santa Barbara, CA 93110

Phone: (805) 681-6510

Lompoc Multi-Specialty Clinic, Family Medicine

1225 North H Street, Lompoc, CA 93436

Phone: (805) 737-8700

Goleta Family Medicine

122 South Patterson Avenue, Santa Barbara, CA 93111

Phone: (805) 681-7500

State Street Family Medicine

1919 State Street, Santa Barbara, CA 93101

Phone: (805) 563-6120

Sansum Country Clinic, Family Medicine

2027 Village Lane, Suite 102, Solvang, CA 93463

Phone: (805) 688-3440

Carpinteria Family Medicine

4806 Carpinteria Avenue, Carpinteria, CA 93013

Phone: (805) 566-5080



Urgent Care

Urgent Care bridges the gap between preventative primary care and emergency care. We provide expert time-sensitive care when an unscheduled visit is necessary.

Hitchcock Urgent Care

51 Hitchcock Way, Santa Barbara, CA 93105

Phone: (805) 563-6110

Hours: Monday - Friday 8:00 am - 7:00 pm,

Saturday 9:00 am - 5:00 pm, Sunday 9:00 am - 3:00 pm

Lompoc Urgent Care

1225 North H Street, Lompoc, CA 93436

Hours: Monday - Friday 8:00 am - 6:00 pm;

Saturday 9:00 am - 5:00 pm; Sunday 9:00 am - 2:00 pm

Phone: (805) 737-8786

Other departments that provide specialized care for children:

Allergy & Immunology

215 Pesetas Lane, Santa Barbara, CA 93110

Phone: (805) 681-7635

Urology

215 Pesetas Lane, Santa Barbara, CA 93110

Phone: (805) 681-7564

Ear – Nose – Throat (ENT)

215 Pesetas Lane, Santa Barbara, CA 93110

Phone: (805) 681-7636

Pediatric Ophthalmology

29 West Anapamu Street, Santa Barbara, CA 93101

Phone: (805) 681-8950

Stay in Touch

with Sansum Clinic

Clinic Operator:

1 800 4 SANSUM (472-6786)

for all services and departments.

After hours physician on call for urgent medical needs.



Directory of Locations & Departments

sansomclinic.org/phone-directory



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Watch Us on YouTube
YouTube.com/SansomClinic



Sansom Clinic TV on Cox
Channel 2636



The flu and other acute illnesses
Cuts requiring stitches
Sprains and strains
Asthma attacks and other urgent concerns

The Doctor Can See You **NOW**



Sansum Clinic's Urgent Care Centers
are here when you need us most



Our Urgent Care providers treat minor emergencies, acute problems, and urgent medical needs when an unscheduled visit is necessary. We are staffed by a full medical team, with board-certified physicians during all hours of operation.

Services are available without an appointment and during extended evening and weekend hours for conditions that need prompt attention, but are not life threatening.

See page 21 for Urgent
Care Locations and Hours

